

Bacon Jalapeno Turkey Popper Meatballs

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Yield: 50 poppers

- 1 pound lean ground turkey (93% lean)
- 1/4 cup less-fat cream cheese
- 2 egg whites
- 3 slices turkey bacon, cooked and minced
- 3 jalapeno peppers, minced
- 1/2 cup panko bread crumbs
- 4 cloves garlic, pressed or minced
- 1/2 cup 2% Mexican cheese blend
- 1 tablespoon dried oregano
- 1 teaspoon chili powder
- 1 teaspoon Kosher salt
- 1/2 teaspoon black pepper

Preheat the oven to 350 degrees.

In a large mixing bowl, combine all of the ingredients. Mix well. (Do not overmix or you will have tough meatballs.)

Using a one tablespoon scoop, scoop out the meat mixture and place on a baking sheet. When all the meat has been scooped, roll into balls. (TIP: If you gently wet your hands, the meatballs will form better and crack less.)

Bake for 20 to 22 minutes until lightly browned and cooked through.

Serve and enjoy.

Per Serving (excluding unknown items): 191 Calories; 9g Fat (42.4% calories from fat); 16g Protein; 13g Carbohydrate; 4g Dietary Fiber; 37mg Cholesterol; 2571mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 1 Vegetable; 1 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	191	Vitamin B6 (mg):	.4mg
% Calories from Fat:	42.4%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	25.9%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	31.7%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	9g	Folacin (mcg):	37mcg
Saturated Fat (g):	2g	Niacin (mg):	1mg
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	37mg	% Refused:	0.00%

